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NUTRITIONAL BENEFITS, PROCESSING, HEALTH AND DISEASE: ROLE OF FINGER MILLET (ELEUSINE CORACANA)

Veenu Verma*[1]

[1*]Government Polytechnic, Mahasamund, Chhattisgarh – 493445, India.

ABSTRACT

Millets are phytochemically advanced, asset proficient staple food varieties tracked down in dry and semi-bone-dry locales of the world. The Unified Countries General Get together (UNGA) pronounced 2023 as the Global Year of the Millets. Filled in 131 nations around the world, India, with a total of 41% of the worldwide result, is by a long shot the main cultivator of millets. They can endure low precipitation, high temperatures and barren soil conditions. Millets are physically and morphologically cereal like yields yet more healthfully improved. They act as strong wellsprings of bioactive synthetic substances, micronutrients, nutrients, complex sugars, adjusted amino corrosive advanced proteins and dietary filaments. They are plentiful in various phytochemicals like phenolic acids, terpenoids, alkaloids, saponins, tannins, and glycosides. Millets assist with delivering advantageous wellbeing properties like guideline of pulse, cardiovascular and thyroid infections. The bioactive millet peptides show anticancer, against easily affected, cell reinforcement and antimicrobial properties. Millets have exceptional microflora with strong probiotic impacts and their determined mixtures additionally show DNA-safeguarding capacities. Mitigating, against weight and hostile to diabetic nature is a few different qualities. With this large number of properties consolidated, millets can be thought about monetarily and healthfully fundamental for wellbeing upgrading studies. This audit gives complete data about millet circulation and scientific categorization, inferred phytochemicals and their related medical advantages. Food handling procedures are utilized to upgrade wholesome quality, work on the absorbability and bioavailability of food supplements with decreasing enemies of supplements. Some food methods are decortications, processing, dousing, cooking, germination, aging, malting, popping and so on. Mix of germination and malting can be utilized for planning of assortment of solid and nutritious food items, for example, newborn child equation, corresponding food items and helpful food sources to fighting medical condition. In the present paper, nutritional properties, processing, value addition and health effects are discussed briefly.

KEYWORDS

Finger millet, Phytochemicals, Processing and Nutrients.

Author for Correspondence:
Veenu Verma,
Government Polytechnic,
Mahasamund, Chhattisgarh – 493445, India.
Email: Veenuverma88@gmail.com

INTRODUCTION

Millets have been found to have high nutritive qualities and are similar to other significant cereals like wheat and rice. It is reported that major consumption of cereals provide 70-80% of total energy in majority of Indian diets and millets

contribute to only about 2% of total calorie (Radhika *et al*, 2011)[1] because millets are commonly used as animal feed. Millets can be utilized as nutraceutical and to create better nourishment for sustaining.

The United Nations General Assembly (UNGA), in collaboration with FAO, declared 2023 to be the International Year of Millets (IYM 2023) (FAO, 2023). The IYM 2023 was created to help achieve the Sustainable Development Goals (SDGs), specifically Zero Hunger (SDG 2), Good Health and Well-being (SDG 3), Decent Work and Economic growth (SDG 8), Responsible Consumption and Production (SDG 12), Climate Action (SDG 13), and Life on Land (SDG 15) (Nesari, 2023). India is the world's biggest maker and the second-biggest millet exporter, as proposed for the IYM 2023. The principal targets behind the proposition were to bring issues to light about the advantages of millets, how they add to food and nourishing security, millet-related practical agribusiness and their environmental change variation.

Dietary quality ought to be thought about for keeping up with generally boost of human wellbeing and tackling the issue of well established food weakness and ailing health so millet has great choice to conquer it. Millets are little cultivated and minor cereals of the grass family (Poaceae) and are described by their capacity to get by in less rich soil, protection from irritations and sicknesses, dry spell safe, short developing season. Finger millet is one of the antiquated millet crop developed in a few locales of India. Finger millet is rich wellspring of carb. Finger millet protein contains significant parts of prolamins that have higher extent of glutamic corrosive, proline, valine, isoleucine, leucine and phenylalanine and low lysine, arginine and glycine. Sulfur containing amino acids in finger millets are higher (methionine and cystine) when contrasted with processed rice. Potassium content is likewise high in finger millet. Finger millet has high calcium content (350mg/100g). Processed finger millet is wealthy in dietary fiber and micronutrients. Finger millet's fat comprise oleic corrosive, linoleic corrosive, palmitic corrosive and hints of linolenic corrosive. Layers of Seed layer of the finger millets contain tannins and polyphenols. Phenolic compounds (both free and bound structures) are available in excellent sum in finger millet. A few flavonoids, for example, orientin, isoorientin, vitexin, isovitexin, saponarin, violanthin, lucenin-1 and tricin (antitumour and hostile to leukemic properties) established in finger millet's leaves. Finger Millet has cell reinforcement, antimicrobial and antihypocholestrolemic, antifungal and antibacterial, antidiabetic (type 2 diabetes), nephroprotective, injury mending and anticataractogenesis properties. Food handling strategies are utilized to upgrade dietary quality, work on the absorbability and bioavailability of food supplements with decreasing enemies of supplements. Some food procedures are decortications, processing, splashing, cooking, germination, maturation, malting, popping and so on. Blend of germination and malting can be utilized for readiness of assortment of solid and nutritious food items, for example, baby equation, correlative food items and helpful food varieties to battling medical issue. Finger millet is staple food substitute for celiac patients since it has sans gluten properties. Catchphrases: finger millet, without gluten food varieties, popping, germination, cell reinforcements.

Nutritional Properties of Millets

The healthful status of a local area has been perceived as a significant mark of public turns of events. Accordingly, farming items should be acquainted with individuals as wholesome food which are underutilized and disregarded by us. Development of millets and advancement for its use will be one of the effective likely methodologies for working on the nourishing status and human wellbeing explicitly in monetarily more fragile populace. Dietary quality should be taken into consideration for solving the problems related to deep rooted malnutrition and health problems (Singh and Raghuvanshi, 2012)[2] Millets have been found to have high nutritive values and are comparable to other major cereals like wheat and rice. It is reported that major consumption of cereals provide 70-80% of total energy in majority of Indian diets and millets contribute to only about 2% of total calorie (Radhika *et al*, 2011)[1] because millets are commonly used as animal feed. Millets can be utilized as nutraceutical

and to create better nourishment for supporting. Millets are classified into two as major millets and minor millets. It is reported by Yang *et al*, (2012)[3] that Finger millet (Eleusine coracana), Pearl millet (Pennisetum glaucum), Foxtail millet (Setaria italic) are included in major millets and Kodo millet (Paspalum scrobiculatum), Little millet (Panicum sumatrense), Barnyard millet (Echinochloa spp.), Browntop millet (Urochloa ramosa), Guinea millet (Brachiaria deflexa), Teff (Eragrostis tef) and Fonio (Digitaria exilis), Sorghum (Sorghum spp.) are minor millets (Adekunle, 2012)[4].

Primary processing of millets

Among the food grains, millets are the least expensive and broadly accessible wellspring of energy and their admission is the most elevated among the unfortunate pay families. As the millets are the second significant yields after rice developed by the ancestral ranchers of Bastar, they are a significant element of family food security and sustenance especially in draft years. Millets can assume quite certain part in human nourishment in view of their numerous characteristics. However they are for the most part viewed as 'coarse grains' their true capacity for enlarging the grain supplies and crossing over the protein hole is exceptionally understood. Other than being staple food varieties, these grains are additionally unrefined components in the creation of different food and modern items. The nourishing structure of little millets contrasts well and different grains, some of them are even healthfully better than rice and wheat. They are particularly wealthy in calcium, fiber and glycolic file. They are rich wellspring of nutrients and minerals. The dietary starch content of millets is additionally moderately high. Esteem expansion in millets has extraordinary likely in expanding the benefit in development. For the advancement of millets of Bastar a portion of the handling and worth expansion are proposed underneath:

Milling

Similar to rice, barley, oats and rye, the whole grains of these millets (except ragi) are not edible and need dehusking prior to its food use. This involves the primary processing namely milling to prepare ready-to-cook grains. Although they are ancient grains, very little work has gone towards development of exclusive milling technology for them. Generally, dehusking and debranning (cleaning) is ordinarily completed physically utilizing hand/foot beating framework yet presently a day with the appearance of processing innovation, cleaning of these millets to plan prepared to cook grains like rice has been made conceivable.

Parboiling

Customarily, the act of parboiling is stylish in little millet. Parboiling or hydro-warm treatment is by all accounts profoundly encouraging in light of the dietary advantages, further developed processing characteristics and worked on culinary attributes. Be that as it may, no purposeful endeavors to normalize the procedure of parboiling have been done. Since the millets look like rice in their morphological elements, the strategies for parboiling like paddy can be endeavored and enhanced. As in the event of parboiled rice, the parboiled millets will have better maintenance of nutrients particularly the thiamine and upgraded stockpiling life. Further, the parboiled millets can be handled to set up a prepared to-eat item like extended rice. This will have an incredible business esteem as the high fiber items prepared to-eat items have popularity.

Flaking

The small millet grain can also be given secondary processing to prepare flakes or pregelatinized food material. For flaking, grains soaked in water to hydrate to their equilibrium moisture content are steamed and pressed in roller flaker and dried to safe moisture level. The flakes may be used to prepare snacks by subjecting to blistering at high temperature. The blistered material will have flowery attractive look and crisp taste and are amenable for coating with spice or other additives.

Extrusion cooking

As the millets contain good amount of starch and exhibit good extrusion characteristics, the milled millets can be extruded to prepare various types of ready-to-eat snacks. The enrichment of millet extrudates is also possible with the addition of other cereals or pulses ingredients. Preparation with spices or coating of other edible additives of different tastes is also possible in extrusion cooking process.

Health and Disease

Health benefits of finger millets Incorporation of finger millets into the diets has preventive potential from chronic disease reported by Kannan (2010)[6]. Tatala, *et al*, (2007)[7] founded the improvement in children on level of hemoglobin after feeding finger millet-based food. Potential health benefits of finger millet are:

Finger millets and diabetes

Finger millet feeding controls blood glucose level improves antioxidant status (Hedge *et al*, 2005)[8] and hastens the dermal wound healing process in diabetic rats (Rajasekaran *et al*, 2004)[9]. Finger millet based diet reaction to bring down glycemic impact because of the presence of antinutritional factors which decrease starch absorbability and retention (Kumari, *et al*, 2002)[10]. Finger millet seed coat phenolics go about as inhibitors diminishing the postprandial hyperglycaemia by impeding the activity of compounds (amylase, alpha-glucosidase) required for hydrolysis of intricate carbohydratess.

Finger millets and cardiovascular Sickness

Lee, *et al*, (2010)[11] researched that finger millet might forestall cardiovascular illness by lessening plasma fatty oils in hyperlipidemic rodents. Finger millet has lower grouping of serum fatty substances.

Finger millets and celiac disease

Celiac disease is an immune-mediated enteropathy triggered by the ingestion of gluten in genetically susceptible individuals. Finger millets is gluten-free, therefore an excellent option for people suffering from celiac diseases and glutensensitive patients often irritated by the gluten content of wheat and other more common cereal grains (Saleh *et al*, 2013)[12].

Finger millets and cancer

Chandrasekara, *et al*, (2011c)[13] showed that phenolics of millets might be powerful in the counteraction of malignant growth commencement and movement in vitro. Coulibaly, *et al*, (2011)[14] established that phytate present in millets are related with decrease in disease risk.

Finger millets and calming action

Rajasekaran *et al*, (2004)[9] have announced great cancer prevention agent impacts of finger millet on the dermal injury mending process in diabetes prompted rodents with oxidative pressure intervened adjustment of aggravation.

Finger millets and aging

Millet grains are rich wellsprings of cancer prevention agents and phenolics that contribute significance in wellbeing, maturing and metabolic condition. It has been found that finger millets inhibit glycation and cross-linking of collagen to usefulness in the protection against aging (Hegde, *et al*, 2002)[15].

Finger millet and cataractogenesis

Chethan, *et al*, (2008)[16] showed that finger millet seed coat phenolics, for example, gallic, vanillic, syringic, ferulic, quercetin, trans-cinnamic, p-coumaric, protocatechuic and phydroxybenzoic were recognized for restraining waterfall of the eye focal point to hinder reversibly aldose reductase sniger.

Finger millets and antimicrobial Activity

Protein extracts of millets were highly effective to inhibit the growth of pathogenic fungi such as Rhizoctonia solani, Macrophomina phaseolina and Fusarium oxysporum (Radhajeyalakshmi, *et al*, 2003)[17]. Xu, *et al*, (2011)[18] founded that millet's polyphenols content showed antibacterial and antifungal activity.

Finger millet and antibacterial movement

Banerjee, *et al*, (2012)[19] established that phenolic content and flavonoids of finger millet restrain oxidation of microbial films and microbial catalysts prompting inhibitory exercises of multiplication of bacterial cells like *E. coli, B. cereus, Listeria monocytogenes, Staphylococcus aureus, Streptococcus pyogenes, Serratiamarcescens, Proteus mirabilis, Pseudomonas aeruginosa, Klebsiella pneumonia* and *Yersinia enterocolitica*.

Enemies of supplements present in millets

Millets are fantastic wellspring of supplements esteem however in the other hand, nourishing quality is impressively brought down by the presence of enemies of supplements which are the significant phytochemicals which adversely influences its nutritive qualities prompting unfortunate edibility of proteins, carbohydrates and low bioavailability of minerals, for example, calcium and magnesium and minor components like zinc, iron and copper. Millets contain antinutrients like tannin, polyphenols,

phytates, oxalic corrosive, stomach related proteins inhibitors (amylase inhibitor action, trypsin inhibitor action), goitrogens and so on. Polyphenols are lessening specialists that safeguard the body's tissues against oxidative pressure. It alluded to as cell reinforcements, they might forestall different infections related with oxidative pressure, for example, aggravation, tumors, cardiovascular illnesses and so on.

They are the most bountiful cell reinforcements in our eating regimens (Scalbert). The extent of these Enemies of supplements in diet can be decreased by different family handling methods like decortications, malting, germination aging, popping and so on. Germination consequences for trypsin inhibitor movement, tannins, phytates. Aging lessens the decrease of parts like phytates, phenol, tannins and trypsin inhibitor action.

Table No.1: Composition of finger millets (per 100g edible portion, 12% moisture content)

S.No	Particulars	finger millets
1	Carbohydrate (g)	72.6
2	Protein (g)	7.7
3	Fat (g)	1.5
4	Energy	336
5	Crude fibre (g)	3.6
6	Minerals (g)	2.7
7	Calcium (mg)	344
8	Phosphorus (mg)	250
9	Iron (mg)	6.3

*Source FAO.1970, Rome, Italy, Nutritive value of Indian food, 1998, NIN, Hydrabad, India[5].

CONCLUSION

Synthesis of millet grains, including their more than adequate measures of proteins, important amino acids, dietary fiber, nutrients, minerals, fundamental unsaturated fats, cell reinforcements, and different phytochemicals, makes them a significant expansion to the eating regimen. Due to their hypoglycemic, hostile to proliferative, against atherosclerogenic, cancer prevention agent, against hypertensive, mitigating and antimicrobial characteristics, millet has been connected to worked on human wellbeing. Advantages of millets in diet furnish better sustenance by enhancing particularly with minerals and nutrients that keep the people healthy and keep many problems under control. Presence of bioactive mixtures diminishes and eases back the advancement of way of life problems and afflictions in particular by rummaging. End of supplement shortfalls like zinc and press can be overwhelmed with the assistance of millets. Leads at the examination front show that many responses to the present issues, from diabetes the executives to heftiness and starvation, lie in millets. Millets are healthful and hold a high commitment for the restorative and drug industry as nutraceuticals.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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